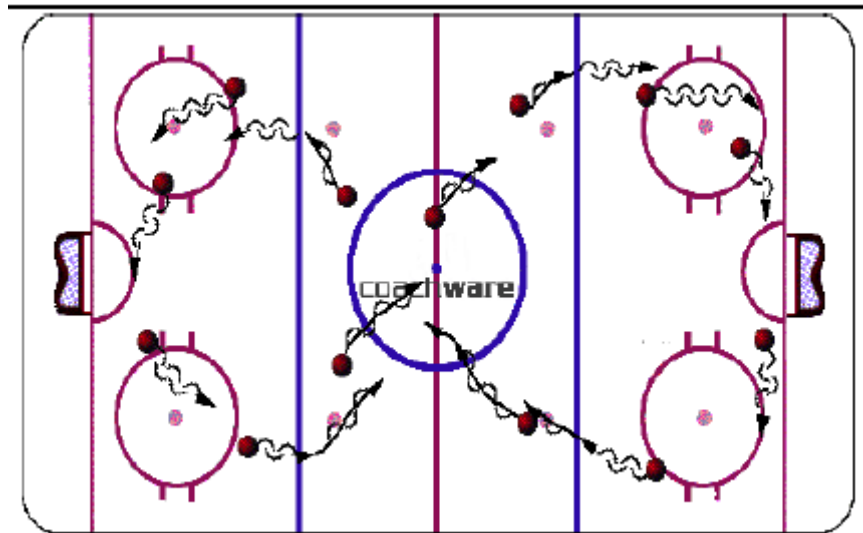


Figure Eight Warm-up



Key Teaching Points

Players skate a large figure eight around full ice surface, in front of nets. When players are in the neutral zone, they will always skate forward. Once they enter both ends doing the figure eight, they will pivot and skate backwards around that end of the ice. Pivoting again when they reach the blueline on the other side so that they enter the neutral zone skating forward. When coach blows whistle, players will accelerate while they are skating forward or backward or in process of pivoting. Skate hard until next whistle where they will slow down to half speed. Pucks will be added to drill so that players will do drill while controlling a puck. *Players MUST keep their head up going through the neutral zone at all times! Spread out in figure eight, trying not to bunch up.

Key Execution Points

- Use of edges
- Puck control
- Quick acceleration through edge work / pivots